



Location: 36 South Main St.
Hours of Operation: M - F 8 AM - 4 PM
Phone: (508) 278- 8622

THE SILVER CENTER NEWS

UXBRIDGE COUNCIL ON AGING NEWSLETTER & LUNCH MENU

uxbridge-ma.gov/coa

September



Marsha Petrillo - Director
Donna Oncay - Admin Assistant
Lynne McPherson - Chef de Cuisine
Gail Boutiette - Outreach Coordinator
Peter Waeger - Transportation

WE LOST A LOT, BUT WE GAINED MORE. UNITED WE STAND. WE
LEARNED FREEDOM ISN'T ALWAYS FREE. ALWAYS REMEMBER, NEVER
FORGET 9/11

SENIOR CENTER SUPPORT

We welcome the support of anyone in a position to give.
Any amount is greatly appreciated. One can donate directly
online via the town's web page or by mail.

The Uxbridge Senior Center is located at 36 South
Main St, Uxbridge, MA, 01569. Please make
checks payable to The Town of Uxbridge.
Thank you!



Your monetary donations make a significant difference
in the lives of our elders! If you or someone
you know benefits from the programs and/or information provided by
the Senior Center, please let us know and help us spread the word about
our many services so we can grow our services. Feel free to contact us at
508-278-8622 or visit us on our web page at Uxbridge-ma.gov/coa or
like us on our Facebook page by googling Uxbridge Senior Center.



It's cool going to the Senior Center

Thank you! Holly Souza from Atria Draper Place for
coming in on **August 21, 2015** and also
Chef Brandy for preparing our lunch! Also thank you
to Tony Guinta from Hannaford's for donating the frozen strawberries
and sugar-free cheese cake for dessert

SHOPPING TRIPS -- Grocery shopping **every Tuesday**- Pick up
begins at 1:00 PM. We have changed the time to make it easier to get people
to lunch and give everyone time to get their shopping done.
Walmart shopping - **2nd and 4th Thursdays** of the month - Pick up begins
at 12:30 PM. Please sign up in advance for Walmart shopping by calling
us at 508-278-8622 to reserve your seat on the van.



- Napkins
- 8 oz Cups
- Dishwasher soap
- Scrubby Sponges
- Decaf Coffee

Thank you all for your thoughtfulness
and generosity! We continue to need
donations of Napkins, Dishwasher
soap, Plastic 8 oz. cups, Scrubby Sponges
and Decaf. Coffee. We will also accept
monetary donations to help
support our lunch program or general
donations to The Elderly Connection,
Inc. The Uxbridge Elderly Connection
is the 501 c 3 non-profit group for the
Senior Center. The Elderly Connection
raises funds to help support many of
the daily activities offered at the Senior
Center. They also fund and purchase of
much of the office equipment that is
not covered by our regular expense
budget. Remember All-in-Kind Donations
are tax deductible, so you should
keep your receipts.

COMPUTER CLASSES - Computer
classes will resume in October.
Many thanks to the Nipmuc students
for teaching our classes again
this year! *We hope you had an awesome
summer and look forward to seeing
you again in the fall.*

- Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and for medical appointments. Van transportation begins at 10:30 am each day. Please check with the Senior Center by calling 508-278-8622, Uxbridge Cable Local Access Channel 191, Facebook, or the Council on Aging website for the Lunch Menu.
- The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9AM - 4 PM.

September Newsletter



There has been a change in parking for the Sunshine Club trips. From now on, the bus will be picking up at the Walmart parking lot, 100 Valley Pkwy, Whitinsville, MA. There are still a few seats available for the trip to Pickity Place with the Sunshine Club. Pickity Place just got the "Best Fairytale Lunch" distinction in Yankee Magazine. This is their write-up: "Experience the enchanting cottage that inspired Elizabeth Orton Jones's Little Golden Books version of *Little Red Riding Hood*. Untouched by time, this is a Mecca for gardeners, epicureans and anyone looking for inspiration and relaxation." \$65. on Sept. 23 includes lunch, a stop at Frye's Measure Mill w/a tour, a stop at Parkers Maple Barn, the bus, maybe some pretty foliage, and all gratuities. Leaves Walmart at 7:30, Westborough at 8:15, home around 6:00. There is also a trip to Manchester, NH to see "The Addams Family" musical on Sat, November 7. \$82. includes the bus, the show, lunch at the Puritan Back Room, and all gratuities. This show has received great reviews! It's quirky but good! It's always fun to enjoy an afternoon out w/live theatre!

From Nov 16-19 we will be going to the Lancaster Amish country for 4 days. \$489. includes 2 shows: "The Miracle of Christmas" at the Sight and Sound Theatre and "A Christmas Story" at the Dutch Apple Dinner Theatre. There will be a buffet dinner at Shady Maple and a family-style all you can eat dinner at Hershey Farm. A back road tour of the countryside, a visit to The National Christmas Museum, and a stop in Hershey are all included. Call Sue at 508-476-5820 for more information.



Traffic signals in Massachusetts are just rough guidelines.

NOTE: WE WILL BE CLOSED THE FOLLOWING DAYS: THURSDAY, SEPTEMBER 3RD, FRIDAY, SEPTEMBER 4TH AND MONDAY; SEPTEMBER 7TH IN OBSERVANCE OF LABOR DAY. NO LUNCH WILL BE SERVED.



What do you see in the drawing above? Is that all? What else do you see?



TUESDAY, SEPTEMBER 29, 2015 – "Do I Have Vertigo Or Am I Just Dizzy?" will be presented by certified vestibular physical therapist Brenda Fitzgerald, PT of Uxbridge Orthopedic and Sports Therapy. Brenda Fitzgerald, PT Outpatient Director. Please join us for this informative Lunch and Learn. Call to reserve your lunch!



ASK A NURSE Tuesday of each month Salmon Health VNA will be available on the 3rd Tuesday of each month to do the blood pressure clinic. A new feature to our monthly clinic is: "Ask the Nurse". If you have any questions about new symptoms you may have, questions about new medications, or any other health problem, they will be able to help you with them. The Salmon Health nurse will be here on Tuesday, September 15, 2015 from 11:30-12:30 and every third Tuesday going forward. Please join us for this important free monthly clinic offered by the Salmon VNA.

NAVICARE | IMPROVING HEALTH, SUPPORTING INDEPENDENCE

Nelly Colon is the new Account Executive. She has replaced Jessica Recore. You are eligible to join Navicare if you are 65 or older, live in our service area and have MassHealth. Nelly Colon can be reached at 508-847-8511 and she is also bi-lingual.

September Newsletter

Uxbridge Senior Poll

We asked our seniors the following question and here is what they had to say.

WHAT DOES THE SENIOR CENTER MEAN TO YOU?

- "The food is great. The seniors are great and needed to get together and have meetings and talk on all subjects."
- "It's a nice time that I can spend with my elderly mother and many of the other elderly ladies and gents. Wonderful food and cheerful atmosphere."
- "Fine food and you meet new people. Good food and it's a place to meet new people and gets lots of hugs!"
- "It's a place to socialize with friends and provides me with a great meal."
- "I enjoy coming to the Seniors Day. I'm glad to see all of us together!"
- "I enjoy coming, if I didn't like it, I wouldn't keep coming. Good meals and social interaction."
- "The Uxbridge Senior Center is an oasis, a place of joy and welcoming. Many seniors live alone or with little social interaction. I feel our Senior Center is a second home! Marsha creates a cozy, secure setting for us. Thank you, everyone!"



- "The Senior Center is my only place to go for lunch and conversation with all my elderly friends. The Senior Center is a lifesaver for me and my senior friends."

- "It not only gets me out of the house but I enjoy being with people. It's so good. The other members are so friendly. Thank you once again!"

- "I have to come for the get together for seeing old friends from many years ago. As I'm back in Uxbridge after many years in Maine, it's fun and the cook is great! Also, the volunteers are very sweet."

- "Conversation with people who express opinions with reasons for their choices and with courtesy for options of others. Lots of humor and laughter."

- "Good food. Good Fish."

- "It is a place to come to and socialize with people in same age group. It breaks up your week by getting out of the house! It's nice to eat with other people once or twice a week!"

- "I like to eat with other people and not have to eat alone!"

- "It is a fun place to go. Everyone is very friendly. The food is very good. You get to meet a lot of nice people."

- "It's a great place to meet people and learn many things. The food is great and gives people that are alone company to dine with."

- "It is a place where you can go to meet old friends and meet new ones. A big plus would be the excellent and delicious meals we get. All the programs are very informative and we are like an extended family."

- "I appreciate having the opportunity to visit the senior center at my lunch hour. The seniors give me so much happiness and joy to see them. They help motivate me and inspire me to become a better person each day."



September Newsletter



ANNUAL END OF SUMMER LUAU – WEDNESDAY, SEPTEMBER 2, 2015 - Join us for our annual Luau here at the Senior Center. There will be a door prize and pineapple upside-down cake for dessert. Don't forget to wear your Hawaiian Flare!! Be sure to call early to reserve your spot for this special lunch!
508-278-8622

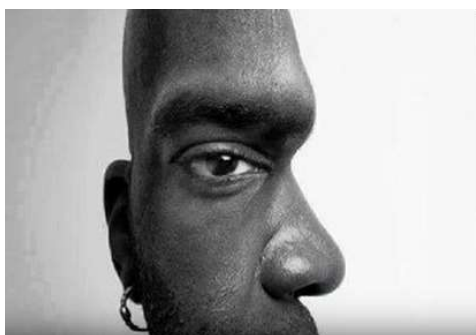
BEREAVEMENT COUNSELING – Are you dealing with the loss of a loved one, losing a job or your home or just need to talk to someone? Please call the Senior Center and make an appointment to talk to our bereavement counselor who is available for people of all ages by appointment. All sessions are free, private and confidential.

Call the Senior Center at 508-278-8622 to make an appointment



VETERAN SERVICES OFFICE

is now located at The Uxbridge Town Hall. The office is located on the first floor as you walk into the Town Hall and is the former office of the accounting department. Carl Bradshaw, Director, can be reached at 508-278-8600 x 2017 and AnnMarie Cleary, Assistant Director can be reached at 508-278-8600 x 2037. Office hours are posted on the door.



Is this a front view or a side view?



Would you tell me, please, which way I ought to go from here?'

That depends a good deal on where you want to get to,' said the Cat.

I don't much care where --' said Alice.

Then it doesn't matter which way you go,' said the Cat.

--so long as I get somewhere,' Alice added as an explanation.

- Lewis Carroll. Alice's Adventures in Wonderland.

DID YOU KNOW ?

- -40 Celsius is equal to -40 degrees Fahrenheit.
- 7,000 new insect species are discovered every year.
- A ball of glass will bounce higher than a ball of rubber
- A bird chews with its stomach
- Indoor pollution is 10 times more toxic than outdoor pollution.
- By raising your legs slowly and laying on your back, you can't sink in quicksand.
- Antarctica's area code is 672
- Isaac Asimov is the only author to have a book in every Dewey-decimal category

Thank you!

Stan Smyth, Jerry Coolbrith, Michael Milan and Lauren Steele for bringing in fresh garden vegetables! Much appreciated!!



We want to thank Edwina Porter for all her hard work in our garden at the Uxbridge Community Gardens. Also thanks to Gertrude Belanger and Walter MacDonald for their recent donations!

September Newsletter



WHAT IS IT? I'll give you a hint. It's a game board & it's pretty old. The board was about 30 inches square. There are pockets in each corner. What is the name of the game

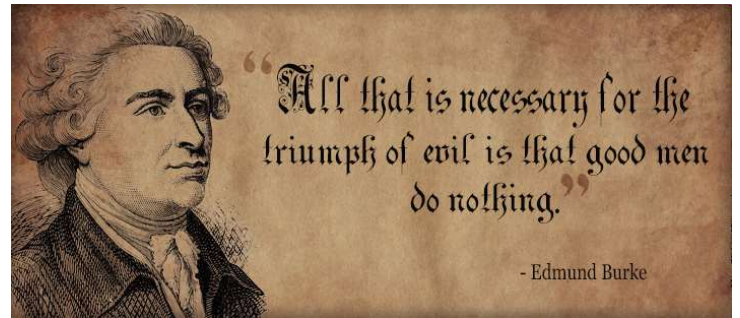
and how did you play it. The player pieces were red and green and were shaped like small donuts.

– Answer in the October Newsletter.

DR. MICHAEL BIANCAMANO [Podiatrist]
The doctor will be at the Senior Center Monday morning, September 14, 2015. There are 3 time slots available. Appointments are set up on a first come, first served basis and run rather quickly. Please call 508-278-8622 to schedule an appointment. Please let us know if you require transportation to the podiatry



LUNCH AND LEARN – FRIDAY, SEPTEMBER 11, 2015 - Friday, **September 11** - Join us for our monthly Lunch And Learn with Police Chief Lourie. Guest speakers will be Gary Davis and Joanne Koenig-Coste' from the Salmon Health Centers. They will be discussing The Beaumont Tapestry Program which is a nurturing skilled nursing approach for people with Alzheimer's or Dementia. As always, we are very thankful to be working so closely with our Police Department.



Thank you! The Senior Center wishes to give a **BIG THANK YOU** to our DPW for mowing our grass out front and for helping to keep our center looking so neat and well cared for! We appreciate them tremendously!



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: It is important to review, understand and save this information!

During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help you: call your local senior center now!

ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER ?

The numbers below represent people served in July 2015

Telephone Calls	1,276
Meals Served	513
Daily Visitors	681
Medical Runs (Round Trips)	131
Hannaford Shopping (Round Trips)	28
Director Outreach	401
SMOC Fuel Assistance	3
Walmart Shopping (Round Trips)	31
Lunch Pick Up	150
Other van runs for appointments	115



In case you can't see it, it's a young cow, a heifer, looking straight out of the paper at you. **This is the answer to the July "what is it" picture.**

September Newsletter

THE CENTRAL MASS SHINE PROGRAM

is now sponsoring a monthly Cable TV program called SHINE'S MEDICARE AND MORE, on your local cable channel. This program is designed to educate and update Medicare beneficiaries and their families on Medicare and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them a call and ask about it.

Their website is www.shinema.org.

SMOC FUEL ASSISTANCE PROGRAM

SMOC Fuel Assistance re-certification is starting early this year. If you need help, call the Senior Center and set up an appointment. Be sure to bring all of your re-certification paperwork with you when you come to your appointment.

The History of Aprons

I don't think our kids know what an apron is. The Principal use of Grandma's apron was to protect the dress underneath, because she only had a few, it was easier to wash aprons than dresses and they used less material, but along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids. And when the weather was cold, grandma wrapped it around her arms. Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron. From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that "old-time apron" that served so many purposes.

REMEMBER:

Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window still to thaw. They would go crazy now trying to figure out how many germs were on that apron.

I don't think I ever caught anything from an apron.

But LOVE!!!!



UXBRIDGE SENIOR CENTER

Lunch Menu

36 South Main Street, Uxbridge, MA 01569
(508) 278-8622



SEPTEMBER 2015

Marsha Petrillo - Director
Lynne McPherson - Chef
Pete Waeger - Van Driver
Donna Oncay - Transportation Coordinator
Gail Boutiette - Outreach Coordinator

Monday	Tuesday	Wednesday	Thursday	Friday
	1. MEATBALLS W/MARINARA AND PENNE GARDEN SALAD SUGAR FREE JELLO	2. END OF SUMMER LUAU	3. CLOSED FOR LABOR DAY NO LUNCH SERVED	4. CLOSED FOR LABOR DAY NO LUNCH SERVED
7. LABOR DAY CLOSED NO LUNCH SERVED	8. VEGETABLE QIUCHE GARDEN SALAD FRESH FRUIT	9. CHICKEN MARSALA MASHED POTATOES BROCCOLI SUGAR FREE PUDDING	10. SWEDISH MEATBALLS EGG NOODLES MIXED VEGETABLES APPLE CAKE	11. BAKED FISH SWEET POTATOES GREEN BEANS SUGAR FREE PIE
15. TUNA CASSEROLE PEAS AND CARROTS SUGAR FREE PUDDING	16. BEEF AND MUSHROOM LASAGNA GARDEN SALAD BLUEBERRY CAKE	17. CHICKEN PICCATA MASHED POTATOES GREEN BEANS SUGAR FREE JELLO	18. BEEF AND CORNBREAD PIE GARDEN SALAD FRESH FRUIT	19. BAKED FISH RICE PILAF MIXED VEGETABLE SUGAR FREE ICE CREAM
21. STUFFED SHELLS SPINACH ITALIAN BREAD PEACHES AND CREAM	22. MEATLOAF W/GRVY MASHED POTATOES MIXED VEGETABLES BROWNIE W/SUGAR FREE ICE CREAM	23. CHICKEN POMODORO PENNE PASTA GARDEN SALAD SUGAR FREE PUDDING	24. HOT DOGS W/ROLL BAKED BEANS COLESLAW SUGAR FREE JELLO	25. BAKED FISH ROASTED POTATOES GREEN BEANS BIRTHDAY CAKE
28. VEGETABLE SOUP GRILLED CHEESE SANDWICHES GARDEN SALAD FRESH FRUIT	29. SHEPHERD'S PIE MIXED VEGETABLES WHOLE WHEAT ROLL CARROT CAKE	30. ROASTED CHICKEN MASHED POTATOES STEAMED CARROTS SUGAR FREE PUDDING	<p>* ALL MEALS ARE SERVED WITH MILK, COFFEE OR TEA</p> <p>** MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	



Lunch is served at 12 noon each day. Please call 48 hours in advance to order your meal. If you need transportation to the meal program please let us know. A suggested voluntary donation of \$3 - \$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium.